

City of Lawrence
Outside Agency Bi-Annual Report 2016

Lawrence Alcoholic Recovery House (dba Hearthstone)
January-December Report

1. Hearthstone is a men's recovery house for alcoholics and drug addicts. Men attend 5 house-meetings per week, based on the principles of Alcoholics Anonymous and Narcotics Anonymous. Residents are also required to attend four AA or NA meetings per week, to get a sponsor and to work the 12 Steps.

Residents are required to get fulltime employment, to cook clean and shop for the house, and to maintain the home both inside and outside.

2. The chart below shows how many men were served during 2016. Men spending less than 2 weeks are not considered to have participated in the program because their time at Hearthstone was too short to have made an impact.

Thirty five men resided at Hearthstone, with an average stay of 8.3 weeks. At intake 4 of 35 men were employed, all were indigent and none had a fixed address. All, even the youngest, were long term alcoholic/addicts and all had come into contact with the justice system or social services.

The table below is a snapshot of 2016. Some residents moved in before that year and others continue to reside into 2017. Residents sign an agreement saying they will remain at Hearthstone for 90 days at a minimum, which is why the chart is organized according to that timeline.

2 Weeks or Less	3 Weeks to 11 Weeks	12 Weeks to 23 Weeks	24 Weeks to 38 Weeks
10	12	7	6

It is not possible to measure rates of sobriety; there is simply no reliable way to track people over time, nevertheless we are able to make observations that have remained consistent over the more than 30 years Hearthstone has been in existence. The most obvious result is this: the longer men reside at Hearthstone the better their chances for long-term sobriety. Several dozens of former residents remain in contact and attest to that.

The flip side is also true: men with short stays at Hearthstone have much more trouble keeping sober—the shorter the stay the less likely a man is to remain sober. While these are generalizations, and there are exceptions, the basic story remains true.

3. The many men who have left Hearthstone on good terms and remained sober have literally flipped their lives 180 degrees. Former thieves and drug dealers are now tax-paying citizens who work and run businesses. Men who once had been gone from the lives of their children and wives have become good fathers and family men, finding joys there that many did not experience in their own childhoods. Finally, anti-social alcoholic/addicts have become contributorers to schools, churches and society, often using their experiences to help others avoid or recover from addiction.

4. Addiction is a difficult and widespread problem. Poverty and heredity, as well as the brain's own succceptiblity to alcohol, tobacco and drugs, insure the problem will never go away. Because Hearthstone is based on the 12 Steps we take the approach that sobriety is an inside job, and the problem can be attacked one alcoholic or one drug addict at a time. We focus on small successes rather than the long list of barriers to success.

5. Our budget is extremely simple. There are no paid employess of any kind, ever. Except for the City Alcohol Tax Fund, we are supported by rent money paid by residents. In fact, because our expenses have grown we are raising our rent by \$5 per week, for a total of \$120 per week for room and board.

Our expenses are for utilities, insurance and building maintenance. The City Alcohol Tax fund goes into the general fund (the only fund we have) and has been used for insurance, drug-testing kits and appliances.